

# Fit-N-Fun Lesson Plans

## TV TUNE-OUT

Audience: Families with children ages 3 through 5 years

### Objectives:

- Participants will learn the connection between a healthy diet (rich in fruits and vegetables), and physical activity.
- Participants will identify one new activity they engaged in that they can do with their children at home.
- Encourage participants to select an activity from the Fit WIC Activity Book to try at home.

Time: ~15 minutes

### Materials:

- Fit WIC Activities book and kit
- Fit WIC display board with Activity Pyramid (emphasize the "Turn Off the TV and Go Outside" portion of the fact sheet)
- Optional materials:
  - Book: "The Berenstain Bears and Too Much TV"
  - Handout: Family Fun Recipes

### Lesson Plan:

1. Welcome, Introduction (1 minute)
  - a. Introduce self and welcome participants to Fit-N-Fun Playtime!
  - b. Briefly state the purpose and length of Fit-N-Fun activity.
2. Warm Up Activity (2 minutes)
  - a. "Tell us your name and your favorite non-TV activity?" "Tell us your favorite game when you were a child?"
- 3 Discussion Points (5 minutes)
  - a. "Feeling good means doing activities together as a family and watching less TV. Today we are going to talk about the importance of watching less TV then

do some Fit-N-Fun Activities. Our bodies need physical activity every day, and one way to accomplish that is by watching less TV and doing something active."

b. "Think about your child, physical activity, and TV. Are there activities your children like that can take the place of TV?"

c. "Physical activity has disease-preventing benefits and is needed each day. When children spend time watching TV, it takes them away from physical play."

d. "Make sure you and your children are active every day."

e. Reaction statements: "I have some statements I'd like to get your reaction to. The first one is: 'Young children watch more than 28 hours of TV each week (more than 4 hours each day).' "What/how does this statement make you think and feel?"

The second statement is: 'WIC recommends no more than 2 hours of TV each day.' "What/how does this statement make you think and feel?"

#### 4. Fit-N-Fun Activity (5 minutes)

a. Choose the following activities from the Fit WIC Activities book to conduct with caregivers & children:

- Chase Me, Chase Me (p. 19)
- Frog Hop (p. 21)
- Jump Right Over (p. 22)

#### 5. Closing & Take home message (3 minutes)

- a. Give Fit-WIC Activities book and kit to participants to take home.
- b. Have participants choose an activity to do at home.
- c. Give supplemental educational materials (may include recipes, children's book, fact sheet).
- d. Feel good by watching less TV, and playing every day.

## **Family Fun Recipes**

*Use these recipes to make playtime fun!*

### **Playing Dough**

1 cup flour  
1/2 cup salt  
1 tbsp vegetable oil  
1 cup water  
1 tsp cream of tartar  
food coloring

Mix all ingredients together in a saucepan. Heat over medium to low heat for 3 - 5 minutes, while stirring constantly until a ball forms. Cool till you can work with it, then knead until smooth. Store in airtight containers.

Make different colors of dough for many fun hours of play!

### **Sidewalk Paint**

1/4 cup cornstarch  
1/4 cup cold water  
6-8 drops food coloring

Mix cornstarch and cold water in a small bowl. Add food coloring and stir. Repeat these steps for every color you make. This paint can easily be washed away with water - great for hopscotch games and make believe roads.